

Working Overtime Taxes Strength

**Lowell Shoemaker
Gives Testimony
Hard-Working People Heed
What He Says**

Lowell, Mass.—A local newspaper here in Lowell has discovered a very interesting case. One that should be read by every hard working man and woman.

Leon Lamothe is a shoemaker by trade. He lives at 119 Salem street, Lowell, Mass. The newspaper representative interviewed Mr. Lamothe at his workbench.



LEON LAMOTHE

Here is the story he told:
"I am 35 years old. I have been a shoemaker since the age of 15. Very often I have worked from 7 a. m. till 11 p. m. I lost my appetite. I had pains in my stomach, which were very severe. I was constipated. I could not sleep well. I got up in the morning feeling tired. I followed a treatment by one of the best physicians in the city and tried everything I was told about, with no results whatever and thought, 'I should have to give up work.' A neighbor asked me to try a few of his tablets which were Iron-Lax-Tonic tablets, from which he had received great benefit. I did. And in a few days began to feel better. I bought a bottle and before I was half finished with it I felt altogether different. I started to eat. I could sleep all night and got up in the morning feeling fine. My bowels moved regularly and a rash which had broken out all over my body disappeared. I am on the second bottle and I feel strong. I work hard and feel fine."

"Since, I have told all my friends about Iron-Lax-Tonic, and a number of them have thanked me. For they are getting the same results as I do from Iron-Lax-Tonic and they too are telling all their friends as I did. And you can rest assured that those who feel as I did should not hesitate but start now."

Weakness, constipation, paleness, general rundown condition, resulting from sickness like influenza and in all cases where there is lack of iron in the blood, start taking Iron-Lax-Tonic at once. Do not expect the same result from some substitute. Be sure it is "Iron-Lax-Tonic" tablets.

And after you feel all well again you can keep right on with the treatment a little while. Plan to give yourself some extra strength and iron in your blood and keep yourself feeling fine. Buy it to-day at Cummings & Lewis, E. A. Drown's, Barre Drug Co., and all leading druggists.—Adv.

If Mothers Only Knew

During these days how many children are complaining of headache, feverishness, stomach troubles and irregular bowels. If mothers only knew what Mother Gray's Sweet Powders would do for their children, no family would ever be without them. These powders are so easy and pleasant to take and so effective in their action that mothers who once use them always tell other mothers about them. Sold by druggists everywhere.—Adv.

Disturbed sleep usually comes from some form of indigestion. Strengthen the stomach and stimulate the liver with a course of

Beecham's Pills

Largest Sale of Any Medicine in the World. Sold everywhere. In Boxes, 10c., 25c.

HOTEL BOWDOIN

Cor. Bowdoin and Cambridge Sts. Boston, Mass.

Rooms by day or week. Single or en-suite with bath; \$1.00 per day and upwards. Homelike, clean, comfortable. Near cars to all points. C. N. Campbell, Proprietor.

Don't Drink "Stored Water"

from a tank that is bound to get foul, when it costs so little for pure water "direct from well" with the

"Reliance" Water System

If you want a good water supply at your farm, cottage or summer home, get our proposition on fresh water direct from the well to the faucet.

Ask for Catalog D. W.

J. L. ARKLEY Barre, Vt.
BRACKETT, SHAW & LUNT COMPANY
No. 1 Washington Street, Boston
Also Sowersworth, N. H.

BETHEL

In Dodging Mule's Heels, Frank F. McCullough Fell and Broke Arm.

Frank F. McCullough slipped and fell near his home yesterday afternoon and stretching out his right hand, broke again both bones of the forearm exactly where they were broken when he was thrown from a load of wood last February. The wrist joint was dislocated on both occasions. Mr. McCullough slipped yesterday in dodging a well directed kick of A. B. Nichols' mule which he was about to load to the barn. Drs. O. D. and O. V. Greene were called and repeated their work of three months ago.

Mrs. Virgil Coddington and her daughter, Ida, of Washington, former residents, are visiting friends in town.

The funeral of Charles H. Kidder was held at his late home yesterday at 2 o'clock and was attended by a large group of relatives and neighbors. The ceremony was delayed half an hour to await the arrival of an automobile party from Rochester, whose car was ditched near Gayville on meeting another car. The Rochester people included Mr. and Mrs. H. P. Nason, Edward Kidder and H. H. Cushman. During Mr. Kidder's funeral the business places were closed. Interment was at Cherry Hill cemetery. The heavy rains Wednesday and yesterday converted every stream into a raging torrent and in many cases wash-outs occurred in the highways, making travel precarious last evening. The smaller streams up to that time had done most of the damage.

Trout fishing is unusually good in Locust creek, the branch and other streams, many fine catches being reported, including several fish of unusual size.

The case of the State vs. Litchfield for alleged improper care of children was heard in Hartford municipal court at South Royalton yesterday.

Mr. and Mrs. J. A. Blanchard were in Stockbridge yesterday to attend the funeral of Ernestine Mills, the third of the four children of Mr. and Mrs. Clayton Mills.

WAITS RIVER

Mrs. O. V. Downing is visiting her daughter, Mrs. Earl A. Woods, in Orford, N. H.

Kenneth Batten is driving the stage to Bradford.

Private Royal B. Downing, who has been overseas since October, 1917, was a recent visitor at his grandmother's. He returned on the Patricia with a part of the 28th division, he being a member of the 103d machine gun battalion and going over the top several times. Private Downing was in the following battles: Toul sector, April 1 to June 27, 1918; Aisne-Marne offensive, July 18 to Aug. 6, 1918; St. Mihiel salient, Sept. 12 to Sept. 16; Meuse-Argonne offensive, Oct. 15 to Nov. 11. He received his discharge on April 29 and is at present the guest of his aunt, Mrs. Earl Woods of Orford, N. H.

Several from this place attended the Nellie Gill play at Bradford last week. Everyone is glad to welcome these players as usual.

Rev. and Mrs. O. L. Barnard have gone to spend a few months with their son, Rev. O. E. Barnard, in Winston, Me. We all hope for a speedy recovery for Mr. Barnard, who is suffering from a broken arm, received in a recent automobile accident.

Mrs. Gertrude Carter is spending a few weeks in Lowell.

The Waits River school entertainment at East Corinth Monday evening brought in about \$24.

Mrs. Cora Nutt is visiting in Montpelier and expects to go to Hardwick to visit her daughter, Mrs. Ranney.

About 100, including some from West Topsham, East Topsham and East Orange, gathered Tuesday evening at the hall to welcome the returned soldiers. Refreshments of coffee and cake were served and dancing was enjoyed by all.

Frank Sanborn, Stanley Curtis, John Martin, Mrs. Martin and Mr. and Mrs. R. B. Hood were in Barre Tuesday in Mr. Sanborn's car.

There was a business meeting at the creamery Monday. Royal Dexter of Lowell was there.

SOUTH WOODBURY

Mrs. Nellie Wells of Burlington and Mrs. Fred Persons and daughter of Barre are spending a few days with Mrs. W. B. Goodfellow and Mrs. G. G. Hall.

E. G. Fleetwood of Morrisville and Mr. and Mrs. E. T. Marshall of New York were business visitors at the town clerk's office Thursday of last week.

Mr. and Mrs. B. R. Nelson of Plainfield and Mr. and Mrs. Neil Daniels of Graniteville were guests of relatives and friends on Sunday.

Mr. and Mrs. Frank Dailey and family visited Mrs. Dailey's father, Mr. Boutwell, in Barre on Sunday.

Mrs. Donald Rand and little daughter of Stoughton, Mass., are visiting for a few days at A. L. Ainsworth's.

Charles Utley was a business visitor in the place last Wednesday.

Frank Dailey and family are moving to Barre. He has sold his place to Foster Johnson.

Mrs. Flora Blake, who has been quite ill for the past few weeks, is gaining.

Mrs. R. B. Tassie was a recent visitor in Hardwick.

A. L. Ainsworth and family were guests at C. H. Dana's at Woodbury Center on Sunday.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears
the
Signature of *Chas. H. Fletcher*

CATARRH

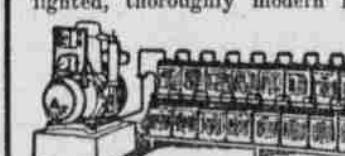
For head or throat
Catarrh try the
vapor treatment—

VICK'S VAPORUB

"YOUR BODYGUARD"—30c. 60c. 1.20

DELCO-LIGHT

The complete Electric Light and Power Plant
Will give you a cheerful, well-lighted, thoroughly modern home.



W. G. GOODWIN
Montpelier

USE "TIZ" FOR SORE, TIRED, ACHING FEET

No More Puffed-Up, Burning, Sweaty, Calloused Feet or Corns.



Just take your shoes off and then put those weary, shoe-crinkled, burning, corn-pestered, bunion-tortured feet of yours in a "Tiz" bath. Your toes will wriggle with joy; they'll look up at you and almost talk and then they'll take another dive in that "Tiz" bath.

When your feet feel like lumps of lead—all tired out—just try "Tiz." It's grand—it's glorious. Your feet will dance with joy; also you will find all pain gone from corns, callouses and bunions. There's nothing like "Tiz." It's the only remedy that draws out all the poisonous excretions which puff up your feet and cause foot torture.

Get a 25-cent box of "Tiz" at any drug or department store—don't wait. Ah! how glad your feet get; how comfortable your shoes feel. You can wear shoes a size smaller if you desire.—adv.

RANDOLPH

C. D. Cushing of Bethel Telephone Co. Buys the Randolph Exchange.

At a meeting of the stockholders of the Randolph Telephone exchange held Tuesday night it was unanimously voted to accept the offer of C. D. Cushing, manager of the Bethel Telephone company.

Mr. Cushing will take the stock, franchises, leases, good will, lines, exchange, instruments and entire equipment owned by the exchange, and the transfer will be made as soon as a hearing can be held by the public service commission.

Mr. Cushing pays at the rate of \$50 a share for the 144 exchange shares, which is their full par value. Mr. Cushing will also make such arrangements as he is able with the Orange County company, as to the switching locally.

Mrs. G. F. Jones and her granddaughter, Miss Bessie Bliss, arrived here from Ipswich on Thursday, where Mrs. Jones has been passing the winter with her daughter, Mrs. G. F. Morris. She will pass the summer here at her home on School street and with another daughter, who resides here, Mrs. G. F. Pinney.

Miss Esther Hutchinson came Thursday for a few days' stay with her parents, Mr. and Mrs. John Hutchinson.

William Osha of Northfield was in town this week to visit his sons, R. B. and G. A. Osha.

Mrs. Alice Moore, the nurse, was summoned to Boston on Thursday by the critical illness of a relative and was obliged to leave Mrs. Alfred Webster, for whom she has been caring for the last ten days. Miss Amber Moore took this case in the absence of her mother.

A daughter, Geraldine, who born May 7 to Mr. and Mrs. Roy Holman at the sanatorium.

Rev. R. H. Moore has been confined to the bed since last week and is not yet able to be up, although it is thought he is improving.

Dr. F. C. Angell is making extensive repairs on his office, which is at the house. The office is being moved downstairs on the west side and a piazza is to be built on that side, and an entrance made into the waiting room. The doctor is installing the most up-to-date X-ray appliances, and will also install a machine for electrical treatments.

The members of the W. R. C. were guests of the Baptist church people on Friday evening at a patriotic social. Miss Pinney gave an organ recital of patriotic airs, and following this the company was served refreshments in the chapel.

Dr. Charles B. Chedel was in town Saturday and Sunday from Hanover, where he had come after his car, which had been there during the war. Dr. Chedel has just completed a month's special course at the Boston City hospital.

On Tuesday he motored to his former home in Portland, Conn., his wife and daughter accompanying him, and where he will resume his practice, which he had before the war.

The Salvation Army contributions on Wednesday night amounted to \$405.00, with North and South Randolph contributions to be added. More hard work will have to be done to take the town over the top, as it is expected it will be.

Miss Lottie Osha underwent a serious operation at the sanatorium on Friday and is making a satisfactory recovery.

R. H. S. was badly beaten in a game of ball on their own grounds on Tuesday, the score being 22 to 2 in favor of Norwich. It is expected that a return game will take place at Northfield in the near future.

Col. and Mrs. A. B. Chandler of Brooklyn, N. Y., are expected here June 10, and Mr. Castle will be opened for the summer.

WATERBURY

Sunday morning in the Methodist Episcopal church a union service will be held when Rev. G. H. Locke will preach. This is pre-Memorial Sunday and it is hoped that as many as possible of the returned soldiers and sailors of the great war and Spanish-American war as well as veterans of the Civil war will attend. Services Sunday evening at 7:45. The junior choir will sing.

At the Center Sunday morning service will be in seminary hall.

Friday, Memorial day, there will be exercises as usual. Assembling at the high school grounds at 1 o'clock. At 2 o'clock the address will be delivered by Rev. G. H. Locke at the Methodist church.

All returned soldiers and sailors of the Spanish-American and the great wars are cordially invited to join the veterans of the Civil war in this service. All exercises under auspices of Edwin Dillingham post.

Mrs. Etta F. Ramsdell, who suffered a slight shock last Thursday, affecting the left side, went to Boston hospital Monday. Dr. Bidwell and her sister, Mrs. Samuel Baird, accompanied her.

Rev. A. J. Covell, secretary of the Congregational board of pastoral supply, was in town Wednesday over trains with B. R. Demeritt and called on some of his former parishioners here.

The Henry farm in Duxbury, which was sold last week to W. C. Colton, was again sold by H. J. Parker to Lewis Welch. Mr. Colton took in exchange the Welch farm, which he sold the next day to E. E. Densmore. Clarence Fielder, who has been on the Henry farm, returns to Waterbury.

POSAM WANTS TO HELP YOUR BROKEN-OUT SKIN

When any itching skin disease affects or when any slight eruption spot begins to itch and burn, apply Posam. You may be confident that the trouble is having the right treatment, for you have called to your aid a healing power highly concentrated, active and persistent. Itching stops and the skin feels immeasurably grateful. In the treatment of violent eczema, acne, pimples, and all surface affections, Posam's results are quickly felt and seen.

Sold everywhere. For free sample write to Emergency Laboratories, 243 West 47th street, New York City.

Posam, Alcon, medicated with Posam, should be used if skin is tender and sensitive.—Adv.

WOODBURY

Joseph Carr was a week-end visitor of his son, Arthur, in East Barre.

Mr. and Mrs. E. D. Baldwin and daughter, Jettie, of East Barre were Sunday visitors of Mr. and Mrs. W. B. Thomas.

H. E. Webster and son, Mac, were home over the week end from their work in East Barre.

Mr. and Mrs. Charles Carr and two children of Cabot were guests Sunday of Mrs. Carr's sister, Mrs. W. B. Thomas.

Myrtle Davis returned home Sunday from East Barre, where she has been a guest for the past two weeks of Mr. and Mrs. Henry Hull.

Mr. Babcock of Hardwick was a business visitor in town Saturday.

Mr. and Mrs. C. A. Thomas and Mr. and Mrs. Burt Parker were in Montpelier Saturday.

W. B. Thomas was a business visitor in Chubb's Crossing the last of the week.

Miss Lydia Hull of East Barre is a guest of Miss Myrtle Davis.

L. E. Seeley was in Hardwick on business Monday.

Miss Alice Ferris of Barre was a visitor the first of the week of Miss Leila Ferris.

Mrs. Mildred Bates and son are visiting relatives in Johnson and Wolcott.

Myrtle Celley of Barre was a guest Sunday of Mr. and Mrs. Jack Wheelock.

Mr. and Mrs. Arthur Carr of East Barre were over-Sunday visitors of relatives in town.

THETFORD ACADEMY CENTENNIAL. Will Be Observed Friday, June 27—Former Students Invited.

The Centennial of Thetford academy will be observed Friday, June 27, day and evening. It is hoped that all former principals, teachers and students, whether graduates or not, will be present. The mail addresses of a few persons have not been obtained, and information will be gladly received by the secretary of the committee, Miss Margaret Fletcher, Thetford, Vt., or the chairman, A. C. Cummings, North Thetford, Vt.

Maltreated.

"Peace is in sight," says a headline. Poor Peace! We can only hope that when they get through with her she won't be "a sight."—Boston Transcript.

Counterfeiter Caught! The New York health authorities had a Brooklyn manufacturer sentenced to the penitentiary for selling throughout the United States millions of "Talcum powder" tablets as Aspirin Tablets.

Aspirin "DON'TS"

Don't ask for Aspirin Tablets—say "Bayer!"
Don't buy Aspirin in a pill box! Get Bayer package!
Don't forget that the "Bayer Cross" is your only protection against dangerous counterfeits.



Don't fail to say to druggist: "I want 'Bayer Tablets of Aspirin' in a Bayer package." The genuine! Buy only the regular Bayer package with the safety "Bayer Cross" upon it and on each tablet inside.

Bayer-Tablets of Aspirin

The genuine American owned "Bayer Tablets of Aspirin" have been proved safe by millions for Pain, Headache, Neuralgia, Toothache, Earache, Rheumatism, Lumbago, Colds, Grippe, Influenza Colds, Joint Pains, Neuritis. Proper dosage on every "Bayer" package.

Boxes of 12 tablets—Bottles of 24—Bottles of 100—Also Capsules. Aspirin is the trade mark of Bayer Manufacture of Monocetylacidester of Salicylicacid

Use More Milk

Would You Improve the Health of Yourself and Family?

Then put into practice these suggestions, which any physician or dietary expert will strongly endorse:

1. Cut down on the amount of eggs and meat you buy. Increase the quantity and variety of vegetables and cook them in Milk, serving the vegetables in their milk juices.

2. Substitute MILK for tea and coffee. Also drink half a glass to a glass of Milk on rising and retiring.

Then you will fully understand why authorities counsel you to "Use More Milk."

MARSHFIELD

The Methodist people of Marshfield voted very emphatically in two recent meetings for an "open church" 12 months in the year. Not alone this, but for a type and program of service without any cessation, which will make their pastor, Rev. Mr. Goddard, and his associates very busy folks. Plans are already under way for such a program and it is especially important that the response and support to all phases of the work be immediate and of the most loyal nature. Such an appeal, in the shape of a pastoral letter, is going out to every family in Marshfield this week, and it is hoped that the response and consecration so akin to the Methodist people will be of sufficient strength as will allow the church and her pastor to meet the many demands for service now surrounding them. This loyal response is already being manifest, for in a business meeting Tuesday evening the financing of the institution was discussed thoroughly and a final vote placed the budget for ministerial support and current expenses for the ensuing year at \$700. A committee of six was immediately selected to care for this and will put on the "drive" on Sunday, June 1. Rev. Mr. Goddard stresses the necessity of the church touching the life of every home and family for which his church "must give an account," so that the intensive canvass to be made Sunday, June 1, will mean much more than a mere financing of the work, which is one important item. Mr. Goddard is very anxious that the entire Methodist constituency come to know immediately of the plans being made for future ministrations, and working with this committee he expects that this will be generally known in making such a thorough canvass of the field. Some had been given to feel, and justly so, that a possible union between the Methodist and Congregational churches would possibly take place in the near future, but the interests surrounding the Methodist church and her people being so many and of such a varied character that these at once became manifest in the splendid vote already mentioned. Mr. Goddard and his people, however, wish to express their sincere appreciation of the fine Christian spirit of Rev. Mr. Furness and his people and also wish to thank them publicly for the open doors and hearts extended to us during the winter months. We are only hoping that our future associations will prove our worth and gratitude. In the gospel ministrations of the two churches it is hoped by Mr. Goddard that he and his people will have many things common with their sister church in the parish. Let all Methodist now take their places in the ranks and with their presence at the services and with their loyal support accomplish some of the many things yet to be done in our care of those interests which are peculiarly ours. Watch and wait for the visitor Sunday, June 1. We shall be prompt in all we try to do for the general public and above all we come in the strength and grace of the Savior of men. Sunday service at 2:30 and Sunday school at 3:30 p. m. Sunday school will begin Sunday, June 1.

We Advertise Facts,

and contract to perform a service which your family will require in event of your death. We mean a monthly income service. A comfortable provision at small cost. Consult us. National Life Ins. Co. of Vt. (Mutual). S. S. Ballard, general agent, Rialto block, Montpelier, Vt.

Here's A Gentle Laxative For Elderly People

A daily free movement of the bowels becomes a serious problem as you step from middle-life into old age, and much dependence can no longer be placed on nature herself. The bowels find artificial aid necessary.

The stronger the physic, as old people soon learn, the greater the contraction of the bowels thereafter, and so the wise purposely avoid salt waters, pills and other harsh purgatives. Many have learned to place absolute reliance on the gentle but positive action of a combination of simple laxative herbs with pepsin sold by druggists under the name of Dr. Caldwell's Syrup Pepsin.

It produces an agreeable movement as nearly natural and free as high pharmaceutical skill can make it. Thousands use it regularly, in the small dose prescribed, and keep themselves in fine health and good cheer, and entirely free from constipation.

The druggist will refund your money if it fails to do as promised.

Dr. Caldwell's SYRUP PEPSIN The Perfect Laxative

FREE SAMPLES—If you have never used Dr. Caldwell's Syrup Pepsin send for a free trial bottle to Dr. W. B. Caldwell, 468 Washington St., Monticello, Ill. If there are babies at home, ask for a copy of Dr. Caldwell's book, "The Care of Baby."

REINALD WERRENATH

"THE LEADING AMERICAN BARITONE ON THE CONCERT STAGE"—New York Mail.

This distinguished artist will give an all-English recital

At the COLONIAL THEATRE

St. Johnsbury, Vermont, Thursday, May 29

Only Appearance in Northern Vermont This Season—Prices for the Extraordinary Offering:

\$1.50, \$1.00, 75c, Plus War Tax

Mail orders accompanied by check will be filled in order of their receipt. Stamped addressed envelope should be enclosed if tickets are to be forwarded to applicants.

For full details address MRS. LEON W. SCHULTZ.

Milks Two Teats at a Time

Just One of the Reasons Why the Universal Wins Out

THE alternate action of the Universal—milking two teats at a time—marks it as the last word in Milking Machines.

It milks the natural way and gives a gentle, soothing massage that stimulates the milk flow—a steady, even, alternating action found only in the

Universal Milking Machine

The Universal Teat Cup is another feature that marks the superiority of the Universal. The flexible rubber lining gives exactly the same gentle suction as the calf's tongue, the squeeze being intermittent and always from the bottom upwards. The cup fits any cow and is absolutely sanitary—no crevices or pockets.

Put your dairy on an efficient basis with the Universal—a basis that will eliminate the labor problem and increase the earning power of your dairy.

It requires almost no attention—it is simplicity itself—and it will last a lifetime. With a Universal outfit one man can do the work of three—and do it better.

Write for prices and illustrated booklet. Universal Milking Machine Company W. Mount Street, Columbus, Ohio

The Universal milks the cows clean without teat or udder trouble. The pulsator is guaranteed as long as the buyer lives. He who refuses to investigate is blind to his own interest. Machines always in stock.

E. H. SLAYTON

262 North Main Street

Shophand Gets Something as Good as a Raise

George Tillotson, the well-known shophand of Cambridge, Vt., near Burlington, tells me how Goldine helped him and how it did him so much good as a raise. He says: "I suffered for two years with a complication of troubles. I had headaches and dizzy spells, would have to cough up nights from catarrh and had rheumatism in my hips. I bought a bottle of